

Westport Center for Senior Activities

Zoom Classes Fall 2020



The WCSA is pleased to offer classes on Zoom. **To register for any of the below listed Zoom classes, please call 203-341-5099.** The WCSA will also offer online registration available for the Fall Semester. See “MySeniorCenter” on page 2 for more info. Staff will also help you register over the phone or you may register by mail. You may pay by credit card or by check made out to WCSA and mailed to: Westport Center for Senior Activities, 21 Imperial Ave., Westport, CT. 06880. Please note: Some classes have limited space and will be filled on a first come first basis. Westport resident registration begins on Mon. Sept. 14th and out-of-town registration begins on Mon. Sept. 21st. **All classes on Zoom require pre-registration.**

WCSA On-Line Classes Fall 2020: Writing & Art	Instructor	Dates	Cost	Total sessions	No Class Dates
Bringing the Outdoors In, Thurs. 1:00 pm. <i>Limit 20</i>	Chris Goldbach	10/8-12/17	\$40	10	
Still Life, Thurs. 4:00 pm. <i>Limit 15</i>	Chris Goldbach	10/8-12/17	\$40	10	
Drawing Flowers, Tues. 1:00 pm. <i>Limit 15</i>	Dick Rauh	10/6-11/10	\$24	6	
Creating with Colored Pencils, Fri. 10:00 am. <i>Limit 12</i>	Lisa Arnold	10/2-11/20	\$32	8	
3-D Origami w/Nor, Wed. 10 am. <i>Limit 6</i>	Nor Smitobol	10/7-12/30	\$7	12	
Knit One Nibble One, Tues. 1:00 pm. <i>No Limit</i>	Ellen Lane	10/6-12/29	Free	13	
Learn to Play the Ukulele, Tues. 1:00 pm.	Uncle Zac	10/6-12/29	\$52	13	
Advanced Writers Workshop, Tues 10:30 am. <i>Limit 8</i>	Jan Bassin	10/6-12/15	\$80	10	11/24
Advanced Writers Workshop, Tues 1:30 pm. <i>Limit 8</i>	Jan Bassin	10/6-12/15	\$80	10	11/24
Advance Writers Workshop, Wed. 10:30 am. <i>Limit 8</i>	Jan Bassin	10/7-12/16	\$80	10	11/25
Advance Writers Workshop, Thurs 10:30 am. <i>Limit 8</i>	Jan Bassin	10/8-12/17	\$80	10	11/26
Advance Writers Workshop, Thurs 1:30 pm. <i>Limit 8</i>	Jan Bassin	10/8-12/17	\$80	10	11/26
Write with Us/ Writing Prompts! Wed. 2:00 pm <i>Limit 50</i>	Jan Bassin	10/7-12/16	\$40	10	11/25

Westport Center for Senior Activities

Zoom Classes Fall 2020

Oct. Nov. & Dec.

All Zoom Classes Require Pre-registration



WCSA On-Line Classes Fall 2020: Exercise	Instructor	Dates	Cost	Total sessions	No Class Dates
Tai Chi Reinforcement, Mon. 10:30 am. <i>No Limit</i>	Mari Lewis	10/5-12/21	\$44	11	
Tai Chi Beginner's, Wed. 10:00 am. <i>No Limit</i>	Mari Lewis	10/7-12/23	\$44	11	
Tai Chi Advanced, Fri. 11:15 am. <i>No Limit</i>	Mari Lewis	10/2-12/18	\$44	11	
Weights in Motion, Mon. 9:30 am. <i>No Limit</i>	Shelley Moll	10/5-12/21	\$44	11	
Zen Flow, Wed. 9:30 am. <i>No Limit</i>	Shelley Moll	10/7-12/23	\$44	11	
Cardio Strength, Fri. 9:30 am. <i>No Limit</i>	Shelley Moll	10/2-12/18	\$44	11	
Dance & Stretch, Tues. 1:00 pm. <i>No Limit</i>	Sandy Adamczyk	10/6-12/29	\$52	13	
Strength Training, Mon. 1:00 pm. <i>No Limit</i>	Sandy Adamczyk	10/5-12/28	\$48	12	
Strength Training, Wed. 10:00 am. <i>No Limit</i>	Sandy Adamczyk	10/7-12/30	\$48	12	
Pilates, Mon. 3:15 pm. <i>No Limit</i>	Jeannie Labate	10/5-12/28	\$48	12	
Pilates, Thurs. 10:45 am. <i>No Limit</i>	Jeannie Labate	10/1-12/17	\$44	11	
Yoga, Total Health Mon. 8:45 am. <i>No Limit</i>	Denise O'Hearn	10/5-12/21	\$44	11	
Yoga, Total Health Wed. 8:45 am. <i>No Limit</i>	Denise O'Hearn	10/7-12/23	\$44	11	
Yoga, Total Health Fri. 8:45 am. <i>No Limit</i>	Denise O'Hearn	10/9-12/18	\$40	10	
Yoga/Core Strength, Sat. 10:00 am. <i>No Limit</i>	Maria Vailakis-Wippick	10/3-12/26	\$52	13	
Yoga Gentle, Sat 11:15 am. <i>No Limit</i>	Maria Vailakis-Wippick	10/3-12/26	\$52	13	

Westport Center for Senior Activities

Zoom Classes Fall 2020

Oct. Nov. Dec.

All Zoom Classes Require Pre-registration



WCOSA On-Line Classes Fall 2020: Exercise	Instructor	Dates	Cost	Total sessions	No Class Dates
Yoga Beginning, Thurs. 10:00 am. <i>No Limit</i>	Maria Vailakis -Wippick	10/1-12/17	\$44	11	
Yoga Wellbeing, Tues. 7:45 am. <i>No Limit</i>	Paula Schooler	10/6-12/29	\$52	13	
Yoga for Wellness, Sat. 8:45 am. <i>No Limit</i>	Paula Schooler	10/3-12/26	\$52	13	
Slow Flow Yoga, Thurs. 11:45 am. <i>No Limit</i>	Paula Schooler	10/8-12/17	\$40	10	
Therapeutic Yoga, Thurs. 7:45 am. <i>No Limit</i>	Paula Schooler	10/1-12/17	\$44	11	
Essentrics, Mon. 11:00 am. <i>No Limit</i>	Dyan DeCastro	10/5-12/28	\$48	12	
Essentrics, Thurs. 10:30 am. <i>No Limit</i> CANCELLED	Dyan DeCastro	10/1-12/17	\$44	11	
Zumba Gold, Wed. 10:30 am. <i>No Limit</i>	Karen Liss	10/7-12/30	\$48	12	

WCOSA On-Line Classes Fall 2020: Language/Wellness	Instructor	Dates	Cost	Total sessions
Intermediate French, Wed. 2:30 pm. <i>No Limit</i>	Nell Mednick	10/7--12/30	\$48	12
Conversational French, Wed. 1:00 pm. <i>No Limit</i>	Nell Mednick	10/7--12/30	\$48	12
Mindful Healing: Finding Peace in the Storm, Thurs. 11:00 am. <i>No Limit</i>	Dr. Paul Epstein	10/1-12/17	Free	11
Current Events, Fri. Noon <i>No Limit</i>	Jon Fox	10/2-12/18	Free	11
Parkinson's Support, Wed. 10:00 am. <i>No Limit</i>	Maureen & Alison	10/28,11/18,12/16	Free	3
Just for Women, Thurs. 3:30 pm. <i>No Limit</i>	Muriel Levine	10/1, 10/15, 11/5, 11/19, 12/3, 12/17	Free	3
Happy Hour with Senior Center Staff, 3 rd Tues. of the Month 3:30 pm. <i>No Limit</i>	Staff	10/20,11/17,12/15	Free	3
Caregiver Support, 1 st & 3 rd Wed. of the Month 10:00 am. <i>No Limit</i>	Terry Giegengack	10/7,10/21,11/4, 11/18,12/2,12/16	Donation Suggested	6
The Words We Live By: A Study of the U.S. Constitution, <i>Limit 30</i> . <i>Non-residents purchase their own book.</i> Mon. 10:30 am.	Art Gottlieb	10/5-11/30	\$46/\$32	8

The Westport Center for Senior Activities

Registration Worksheet

Fall 2020

Westport Residents: Registration Starts Monday, Sept. 14 at 8:30 am.

Out-of-Town: Registration Starts Monday, Sept. 21 at 8:30 am.

Registration for the October – December 2020 semester will be done online, by calling the WCSA at 203-341-5099, or by mailing your completed registration form with a check made out to WCSA or with your credit card information. Phone registrations will be available from 8:30 am to 4:30 pm Monday – Friday. There will be **no** in-person registrations, as the Center remains closed due to COVID-19. As noted on the list of classes, many classes are listed as “no limit.” Please do not call on day one of registration for these classes. It’ll be easier for all if you call later in the week as there are no class limitations. If you register online or by phone, you may pay with a credit card or you may mail in a check. Please do not leave your registration requests on the answering machine as they will not be honored.

Please note: A \$10.00 late fee will be added for anyone registering after Sept. 30th for any class that runs the entire semester. Scholarships for Westport residents are available by contacting WCSA Director, Susan Pfister at 203-341-5098. All scholarship requests will be kept confidential.

If you are registering for more than one class and paying by check, one check may be written for the sum of the registration fees. Checks are made payable to WCSA.

<u>Class</u>	<u>Day(s)</u>	<u>Time(s)</u>	<u>Instructor</u>	<u>Fee</u>
				\$
LATE FEE...				
TOTAL PAYMENT DUE.....				\$

Name: _____ Phone #: _____

Westport Resident? Yes No Date: _____

*Email address: _____

**Required for all online classes*